GAJAVADIVU (Elephant Posture)

GAJAVADIVU: *'Gaja'* means elephant, *'Vadivu'* means posture. It is said that assuming this *'Stance'* will endow the body with the strength of an elephant. The first part of this pose is to be used the same way as described in 'Round leg step (VattakaalChuvadu)'.

PROCEDURE:

- Stand erect with the feet touching each other.
- Keeping the heels of both feet firm on the ground touching each other, the front portion of the feet may be moved in an arc like position, the right foot to the right side and the left one to the left side to the maximum extent possible.

- Then fixing the toes firm on the floor the heels may be moved as done above, the right foot and the left foot to the respective sides. In this position, the face is raised to enable to see the roof the forearms may be kept touching each other with the fingers folded and the portion from the elbows to the folded fingers touching each other.
- Then, bow down bending the knees so that the upper portion of the body is lowered so as to have both the rib-side parallel to the thighs and the hands covering the chest.

- In this position, the back should be held straight without bending and face held high looking ahead.

DURATION:

♦ 1 Minute for one sequence; ♦ 30 seconds for rest; ♦ Repetition - 5

SIMHAVADIVU (Lion Stance)

SIMHA STANCE: ***'Simha'*** **means lion. The fierceness of an attacking lion is envisaged in the application of this Posture (Stance).**

PROCEDURE: (from Gajavadivu)

- **Stand erect with the feet touching each other.**
- **Leaping on the left foot, while the right foot is kept firm, the right knee behind is bent till it touches the heel of the left leg in front and then stand erect without changing the position of the legs.**

- **Bending the knee of the left leg is touched by the palm of the left hand and stand in this position with the chest and face held high and erect.**
- **In this stance, striking with both hands sideways is possible and is called lion stance.**

DURATION:

- **1 Minute for one sequence;**
- **30 seconds for rest;**
- **Repetition - 5**

ASWA VADIVU (Horse Stance)

ASWA STANCE: ***'Aswa'*** **means horse and in this stance the positioning and movements resembling which is the horse is adopted. The position assumed in this stance resembles that of the straight leg step.**

PROCEDURE:

- **Stand erect with the feet touching each other.**
- **The left leg is stretched forward and with the left knee bent, both palms are placed on the floor, the body suitably bowed so that the chest touches the left knee.**
- **The right leg will be stretched straight behind in this position, raising the elbow of the left hand is bent and held straight in front, the forearm being towards inside.**
- **The right hand is kept parallel to the body on the right side. Stand firm in this position.**

DURATION:

- **1 Minute for one sequence;**
- **30 seconds for rest;**
- **Repetition - 5**

VARAAHA VADIVU (Wildbore Stance)

VARAAHA VADIVU: The positioning for varaaha stance is similar to that for cross leg step (Konekaalchuvadu) *'Varaaham'* means pig or boar and the movements made in Varaaha stance resemble the movements of a wild pig or boar.

PROCEDURE:

- Stand keeping the feet together.
- Move the right foot slightly backwards.
- Planting the heel of the right foot, turn its front portion to the right to the utmost extent possible.
- Fixing the left toe, turn that foot a bit to the left side.
- In that position, turn the body to the right side and stand firmly facing the front side. Holding the fingers of both hands crossed over and lowers the chest so that it comes between the chest, keeping the face held high and showing the elbow of the left hand in front.
- In this 'Stance', forward movement making a wave-like motion with the body and hands is possible.

DURATION:

♦2 Minutes for one sequence; ♦2 Minutes for rest; ♦Repetition - 5

MARJARA VADIVU (CAT STANCE)

MAARJAARA VADIVU: '*Maarjaara*' means cat. In this 'Stance' the movements resemble those of a cat before pouncing on the prey.

PROCEDURE:

- Standing upright
- make scissor cut and site.
- From this pose, the right leg is stretched backward and striking hard on the floor with the palm of both hands, the body is brought parallel and very close to the ground.
- The forearms of both hands are placed on the ground keeping the fingers half folded like a cat's paws when protruded.
- This is the position adopted by a cat before pouncing on the prey.

DURATION:

- 2 minutes for one sequence;
- 2 minutes for rest;
- Repetition - 5

MATSYA VADIVU (Fish Stance)

MATSYA VADIVU: This 'Stance' resembles the movement of a fish. ('Matsya' means 'fish').

PROCEDURE:

- Stand straight
- Stand firmly on the left leg by bending the right leg upward behind and stretch the left hand forward showing the open palm, bending the right hand behind, the elbow of that hand being pointed backwards.
- This is the position for fish stance ('Matsys Stance').
- This position ('Matsya Stance') is most suited for taking leaps with ease.

DURATION:

- 2 minutes for one sequence;
- 1 minute for rest;
- Repetition - 5

KUKKOODA VADIVU (ROOSTER STANCE)

KUKKUDA VADIVU: 'Kukkuda' means cock. The pose of a cock in fighting is assumed in this 'Stance'. The position in single leg step ('OttaKaalChuvadu') is assumed here too.

PROCEDURE:

- Stand straight
- Stand firmly on the right foot with the hands held crossed in front of the chest
- The left leg will be raised after bending the knee, with the toe of that leg held up and with the other fingers folded till the toe is horizontal to the nose, as in 'Single leg step (OttaKaalChuvadu)'
- Lowering the left foot and moving it on the ground towards the right foot so that the left foot is again moved forward in an arc as making such movements, with the hands still held crossed against the chest, the right leg is raised bending the right knee with the right toe held up till the toe is in line with the tip of the nose.
- In this way, the 'Kukkuda Stance' can be practiced with both legs alternately.

DURATION:

- 1 minute for one sequence;
- 30 seconds for rest;
- Repetition - 5

SHARPA VADIVU (SNAKE STANCE)

SHARPA VADIVU: ***'Sharpa'*** **means snake, or serpent. In this 'Stance' movements resembling those made by snake is adopt and hence the name.**

PROCEDURE:

- **Standing upright.**
- **Then, the left leg is similarly shifted forward till the position of in 'Horse stance'.**
- **Then, move the body through the right side so that the body faces the opposite side and the rear leg at the beginning is in front.**
- **This movement can be repeated, similarly by moving the body through the left side, when the former position is attained.**

DURATION:

- **2 minutes for one sequence;**
- **1 minute for rest;**
- **Repetition - 5**

STRAIGHT LEG (NER KAAL)

EXERCISES FOR THE LEGS: The first and foremost training given in a kalari is the class or set of exercises by the legs. There is no doubt that the legs form the base of the body and if they lose balance a literal downfall is inevitable. So it can be said that these exercises help maintain the balance of the body. The leg can also be used for self –defence as well as to mount, an attack on the eneymy.

STRAIGHT LEG: 'Ner' means 'straight' and 'Kaal' means 'leg'. The movements of the leg straight up and down.

PROCEDURE:

- Stand erect at the eastern end of the Kalari, facing the west (remember the position of the trainee is at the east and that of the Guru at the west).
- Plant the left leg in front of the right leg and raise both hands above the head and hold the palms crossed, and keep the hands straight without bending.
- In this position move the right leg from behind straight up, without bending the knee and keeping the foot stretched out.
- After raising the right leg in this way to the maximum height possible, bring it down in the same way, but with greater force and speed, than applied while raising.
- In a swinging motion, without touching the ground, the right foot is brought a little to the back of the left leg, then again moved forward a bit and firmly placed on the ground a little further from the left leg.
- The same movement is repeated with the left leg raised again and then the right leg and so on, till the western end of the Kalari is reached.

CROSS LEG (KONE KAAL)

CROSS LEG: ***'Kone'*** **means 'cross' and** ***'Kaal'*** **means ' leg'. The movements of the leg cross up and down.**

PROCEDURE:

- **The upward movements with the legs are managed in the same way as in 'Straight leg', but the difference is that the right leg is raised to the left side in a 45 degree angle and the left leg to the right side in 45 degree angle.**
- **The legs are lowered in the same way as in 'Straight leg' and the hands are held high above the head.**
- **Lifting and lowering each leg, starting from the eastern side, when the western end is reached, the action is repeated towards the east side and so on.**
- **In this movement with the leg kick sideways with the heels as was mentioned in 'Straight leg'.**
- **The left and right legs respectively do this.**

ROUND LEG (VEETHU KAAL)

ROUND LEG: The word *'Veethu'* means 'swing around', *'Kaal'* means leg. The movement used for swinging the leg in front of the body in a complete circle.

PROCEDURE:

- Stand at the eastern end of the Kalari facing the west, with the left leg in front of the right leg, the distance between them being about ten inches.
- Holding both the hands straight up horizontally, bring the right leg without bending, in circular motion through the left side to the right side.
- When the right leg comes down, without allowing the foot to touch the ground, swing it back a little and then bringing it forward, place it on the ground about ten inches in front of the left leg.
- Repeats, swinging the left leg in a circular form and, when lowered , place it on the ground in front of the right one.
- This way the movement is to be repeated throughout the length of the Kalari from the east to the west and again from the west to the east and so on.

SITTING LEG (IRUTHI KAAL)

SITTING LEG: *'Iruthi'* means 'sitting', *'Kaal'* means 'leg' .The exercises is given the both legs it is called right sitting and left sitting.

PROCEDURE:

RIGHT SITTING

- Stand with the left leg in front,
- Swing the right leg forward and upward while lowering, bring it back and bending the knee, squat on it.
- The left leg will now be in an extended position flat on the ground.
- While squat on the position the palms of both hands may be placed firm on the ground on each side of the thigh of the left leg.
- The right foot on the floor may be turned to the right side and that foot and the buttocks may be in a line and may firmly touch the floor. This is the position in 'Right straight sitting'

LEFT SITTING

- Stand with the right leg in front,
- Swing the left leg forward and upward while lowering, bring it back and bending the knee, squat on it.
- The right leg will now be in an extended position flat on the ground.
- While squat on the position the palms of both hands may be placed firm on the ground on each side of the thigh of the right leg.
- The left foot on the floor may be turned to the left side and that foot and the buttocks may be in a line and may firmly touch the floor. This is the position in 'Left straight sitting'

SITTING AND TURN LEG (MALARNNU IRUTHI KAAL)

SITTING AND TURN LEG: *'Malarnnu'* mean 'turn' or 'change the direction', *'Iruthi'* means 'sitting' kaal means 'leg'. The exercises is given the both legs it is called right sitting and left sitting.

PROCEDURE:

RIGHT SITTING

- Stand with the left leg in front,
- Swing the right leg forward and upward while lowering, bring it back and bending the knee, squat on it.
- The left leg will now be in an extended position flat on the ground.
- While squat on the position the palms of both hands may be placed firm on the ground on each side of the thigh of the left leg.
- The right foot on the floor may be turned to the right side and that foot and the buttocks may be in a line and may firmly touch the floor. This is the position in 'Right straight sitting'
- In this position, the body will be facing towards the direction of the left leg.
- By the same movements as in 'kaiveethuiruthal' the body can be held in the direction of the right leg, again turn in direction of left leg.
- Then stand properly.

LEFT SITTING

- Stand with the right leg in front,
- Swing the left leg forward and upward while lowering, bring it back and bending the knee, squat on it.
- The right leg will now be in an extended position flat on the ground.
- While squat on the position the palms of both hands may be placed firm on the ground on each side of the thigh of the right leg.
- The left foot on the floor may be turned to the left side and that foot and the buttocks may be in a line and may firmly touch the floor. This is the position in 'Left straight sitting'
- In this position, the body will be facing towards the direction of the right leg.
- By the same movements as in 'kaiveethuiruthal' the body can be held in the direction of the leftt leg, again turn in direction of right leg.
- Then stand prperly.

EXTEND SITTING LEG (SOOCHI KAAL)

EXTEND SITTING LEG: *'Soochi'* means 'Extend sitting', *'kaal'* means 'leg'. The exercises is given the both legs it is called right leg extend sitting and left leg extend sitting.

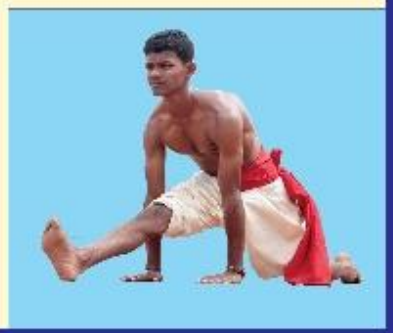
PROCEDURE:

RIGHT LEG EXTEND SITTING

- Stand with the left leg in front
- Swing right leg forward upward and while lowering that leg, taking it to the maximum possible distance backward, squat on the floor.
- Both legs may be flat on the floor, the left leg extended forward and the right leg backward. The leg will be in a straight line towards the front and back of the body respectively.

LEFT LEG EXTEND SITTING

- Stand with the right leg in front
- Swing left leg forward upward and while lowering that leg, taking it to the maximum possible distance backward, squat on the floor.
- Both legs may be flat on the floor, the right leg extended forward and the left leg backward. The leg will be in a straight line towards the front and back of the body respectively.



EXTEND SITTING AND TURN LEG
(MALARNNU SOOCHIKKIRUTHI KAAL)

EXTEND SITTING AND TURN LEG: *'Malarnnu'* mean 'turn' or 'change the direction' *'SoochikkiruthiSoochi'* means 'Extend sitting', *'kaal'* means 'leg' .The exercises is given the both legs it is called right leg extend sitting and left leg extend sitting.

PROCEDURE:

RIGHT LEG EXTEND SITTING

- Stand with the left leg in front
- Swing right leg forward upward and while lowering that leg, taking it to the maximum possible distance backward, squat on the floor.
- Both legs may be flat on the floor, the left leg extended forward and the right leg backward. The leg will be in a straight line towards the front and back of the body respectively.
- In this position, the body will be facing towards the direction of the left leg.
- By the same movements as in 'kaiveethuiruthal' the body can be held in the direction of the right leg, again turn in direction of left leg.
- Then stand prperly.

LEFT LEG EXTEND SITTING

- Stand with the right leg in front
- Swing left leg forward upward and while lowering that leg, taking it to the maximum possible distance backward, squat on the floor.
- Both legs may be flat on the floor, the right leg extended forward and the left leg backward. The leg will be in a straight line towards the front and back of the body respectively.
- In this position, the body will be facing towards the direction of the right leg.
- By the same movements as in 'kaiveethuiruthal' the body can be held in the direction of the leftt leg, again turn in direction of rightt leg.
- Then stand properly.

INNER AND OUTER LEG (AKAM KAALPURAM KAAL)

INNER AND OUTER LEG: *'Akam'* means 'inside'. In this, inward movement of the leg is done a side tailed below. *'Puram'* means 'outside' and in this movement the leg is turned outward as detailed below.

PROCEDURE:

AKAM KAAL

- As before, stand with the hands held high and straight and with the left leg in front and the right leg behind.
- Raising the right leg and bending the knee, swing it in a whirling motion to the left side, the right foot is drawn inward so that the lower sole of the foot is visible.
- When the leg in that form reaches the level of the chest, it is stretched forward applying full force and at the same time, the body is turned to the opposite side through the left.
- In that position, the right leg is stretched backwards and the pose in Horse sitting ('Valinhamarnnu') is achieved.
- In this way, with the left leg brought in the swinging motion, and can be repeated with the direction laterally inverted.
- These movements with each leg should be repeatedly précised and mastered. It is also called 'VeethuChurukki'.
- In doing the 'KoneKaal' after right cross ('Valathuldathottu') and left cross ('IdathuValathottu') when the end is reached, the action 'Right around ChurukkiValinhamarnnu' is done to turn the body to the opposite direction. This will add grace to the movement.
- If 'ChuzhichuKaal' or 'AkamKaal' is practiced well, the enemy's blows can be warded off effectively with the sole of the foot drawn inwards. Similarly, the forceful thrust with the legs can be aimed at the navel of the opponent, which is a highly vulnerable region of the body, so the blow can prove fatal.

PURAM KAAL

- From the usual standing position, imparting a blow with the upper portion of the out stretched foot of the leg is the application in this.
- Standing with the left leg in front and the right leg behind, with the hands held straight up, in a swinging motion upwards of the right leg with the knee bent and the foot out stretched, a blow is imparted to the palm of the right hand and then the leg lowered and placed in front of the left leg.
- The same movement is practiced with the left leg, the blow being dealt to the left palm. Practise this repeatedly with each leg till it can be mastered effortlessly and without bending the body. (A swaying motion of the body may be there, which is necessary to keep the balance).
- Dealing a blow with the foot will have double the force of rendering one with the hand.

JUMP WITH INNER AND OUTER LEG (CHAADI AKAM KAALPURAM KAAL)

CHAADI AKAM KAALPURAM KAAL: 'Just as *'AkamKaalPuramKaal'* was done in the standing position, 'ChaadiAkamKaalPuramKaal' is done making a leap upwards. *'Chaadi'* means 'Jumped' or leapt'.

PROCEDURE:

- Stand with the right leg a little behind the left leg.
- Raise the right leg a bit, bring it forward and placing it firmly on the ground, leap up on that leg. At the same time that leg is to be swung high in the air in a striking motion as
- was done in 'AkamKaalPuramKaal' with the knee bent and the foot held straight.
- This movement is called 'ChaadiAkamKaalPuramKaal' or 'ChavittiPongal' ('Chavitti' means 'Kicking' and 'Pongal' is ' leaping high' r 'rising high'). Repeat this, leaping on the left leg and striking with it in the air.
- Lifting the hands high and keeping the palms spread out, this movement in 'ChaadiPuramKaal' or 'ChavittiPongal' can be done striking with the stretched feet on the palms (right foot on the right palm and vice versa) simulataneously.
- This can also be done by placing the right foot behind and jumping on it and striking with it on the right palm and also with the left foot on the left palm.
- Bringing the leg backwards and then leaping up is called 'VazhimaariPongi' ('VazhiMaari' indricating backward movement and 'Pongi' meaning jumped or leapt).

PAKARACHA KAAL

PAKARACHA KAAL: *'Pakaracha'* means multi, 'kaal' means leg. Is done making a various leg movements.

PROCEDURE:

- Stand at the eastern end with the left leg in front and the right leg about ten inches behind(20.4 cm).
- Raising both the hands straight above the head, placing the left foot on the ground, do 'ValathNereEduthu' with the right leg.
- While the right leg is brought down, turn the body through the right side 180 degrees (facing now the east) and do 'Left straight (Eduthu)' with the left leg. While lowering it, without touching the floor, turn through the left side 180 degrees (now facing the west again) and do 'Right straight Eduthu' with the right leg and place that foot in front.
- Again in the same position, do 'Left straight Eduthu' by the left leg, then turn through the left side 180 degrees (now facing the east), do with the right leg ('VlathuNereEduthu'), turn through the right side 180 degrees.
- Do "Left straight Eduthu' by the left leg and in that position do 'Right stight' with the right leg.
- These leg-exercises have now been done seven times at a stretch, suitably turning the body.
- This can be done in very quick succession by systematic practice and is called, 'PakarchaKaal'.
- Very quick movements on either side with either leg will be possible by practice.